



# CATAWBA COUNTY

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Public Health

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## **CATAWBA COUNTY TEENS ENCOURAGED TO "KICK THE HABIT" ON KICK BUTTS DAY APRIL 2, 2008**

Catawba County Public Health invites Catawba County teens to join thousands of young people across the country in taking part in Kick Butts Day on Thursday, April 2, 2008. Kick Butts Day is a national day of activism that empowers teens to speak up and take action against tobacco use.

Catawba County Public Health will conduct a series of activities throughout the community and in the public schools to raise awareness of the dangers associated with tobacco use and provide cessation resources for teens interested in "kicking the habit."

- Teens can pick up free tobacco cessation information at the Totally Teens Health Center located inside Catawba County Public Health from 8:00 am to 5:00 pm on April 2, 2008.
- Students that are members of the tobacco education club know as the TRU (*Tobacco.Reality.Unfiltered*) Team at Newton Conover Health Science High School will be conducting tobacco prevention activities throughout the whole week of March 31-April 4.
- Terrie Hall, a former smoker and laryngectomee will be visiting Thornton Elementary to speak with students about the dangers of smoking and her personal battle with cancer.

"Over 4,000 teens try their first cigarette each day and half of them will become regular daily smokers," said Jennifer Shomaker, Tobacco Prevention and Cessation Coordinator at Catawba County Public Health. "We have a responsibility to protect the health of our youth in Catawba County by educating them about the dangers of tobacco use and also by providing cessation opportunities and information for teens that already use tobacco."

For more information about local tobacco initiatives visit [www.smokefreecatawba.com](http://www.smokefreecatawba.com) or call Jennifer Shomaker at (828) 695-5843. Teens are encouraged to visit the Tobacco. Reality. Unfiltered. website at [www.realityunfiltered.com](http://www.realityunfiltered.com) to receive additional tobacco prevention education and learn how to become a tobacco advocate in their community.

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